



Mindfulness

"Mindfulness isn't difficult. We just need to remember to do it."



About me...



- Completed my MA and MA Honors in Counselling Psychology
- Certifications done in Hypnotherapy, CBT, REBT, Child psychology, Marital psychology
- Won Bharat Saman Award in 2023 for my contribution in psychology
- Have a total of 13 years of experience as a therapist and lifeskill trainer.



Mindfulness:

- Mindfulness is awareness of one's internal states and surroundings.
- Mindfulness can help people avoid destructive or automatic habits and responses by learning to observe their thoughts, emotions, and other present-moment experiences without judging or reacting to them.
- Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.
- Studies suggest that focusing on the present can have a positive impact on health and well-being.
- Mindfulness-based treatments have been shown to reduce anxiety and depression.
- There's also evidence that mindfulness can lower blood pressure and improve sleep. It may even help people cope with pain.





Core concepts:

IdentityShield

- 1. Present-focused awareness
- Accepting or open attitude
- Non-judgmental approach
- Compassion for self and others
- Energy of mindfulness

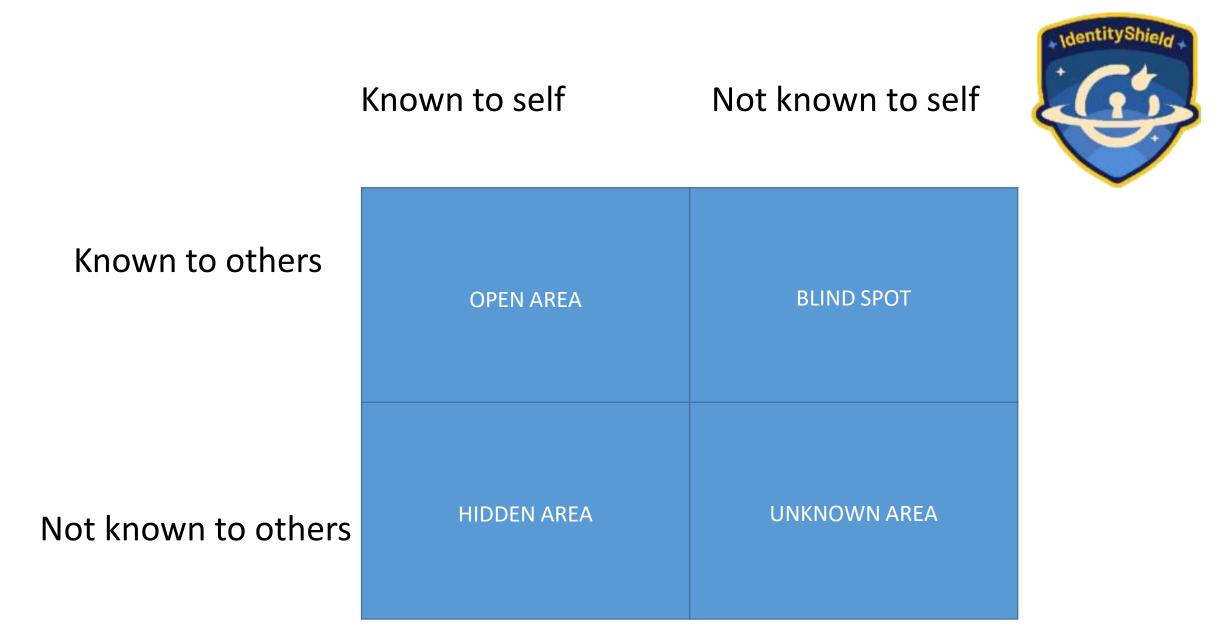


JOHARI WINDOW:



- The Johari Window is a framework for understanding conscious and unconscious bias that can help increase self-awareness and our understanding of others.
- Joseph Luft and Harry Ingham devised a self-awareness feedback loop tool so that group interactions could become more efficient.
- They named this tool the Johari Window, combining the first part of both of their first names.
- This concept plays a very important role while understanding and using the concept of mindfulness.







Ways to be mindful at workplace:

- Be consciously present
- Be clear with your decisions
- Short mindful exercises during breaks
- Avoid multi tasking as far as possible
- Use mindful reminders
- Slow down to speed up
- Acknowledge stress as and when you face it

• Feel gratitude

- Cultivate humility
- Be non-judgmental in your thought process







Basic mindfulness techniques:

- A self gratitude letter
- Accepting the situations
- Walking meditation
- Body scanning exercise
- Exploring the hobbies and likes
- 4-7-8 mindful breathing
- Knowing what is good and toxic for oneself

- Gratitude list
- Mindful eating
- Sitting meditation









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Q&A



Feedback.....





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Thank you....

Mindfulness is a deceptively simple way of relating to all experience that can reduce suffering and set the stage for positive personal transformation.

